**Bible 11/12**

**Good Communication**

**Communication Necessities:**

1. Sending
2. Receiving
3. Understanding

**Means of communication:**

1. Body language
2. Tone of voice
3. Facial expressions
4. Gestures
5. Words
6. Eye contact (have student add this to the notes from Thursday, February 10th)

**Communication Inhibitors:**

1. Commanding
2. Threatening
3. Moralizing
4. Criticizing
5. Questioning
6. Withdrawing
7. Patronizing

**Levels of Communication:**

5. Cliché conversation

* Takes little thought or feeling
* Does not include personal sharing

4. Reporting facts about others

* Telling others what someone else said
* Personal information is not shared
* Like reporting the news

3. My ideas and judgments

* The beginning of real communication
* Risks sharing some our thoughts/decisions
* Contradiction or strong opposition will cause retreat

2. My feelings and emotions

* Feelings about facts, ideas and judgments are shared

1. Complete emotional and personal communication

* Absolute openness and honesty
* Risks the possibility of rejection for deep, personal ideas
* The goal for married couples
* Success at this level is not always continual

**5 Key Steps to Genuine Communication**

1. Listen
2. Clarify and restate
3. Respond
4. Refocus (and accept that different perspectives exist)
5. Resolve

*“You must sincerely listen when your partner is speaking. This requires your giving full attention and not just nodding your head. Do not just hear the words and tune out the message. You cannot practice selective listening, hearing only the parts you want to and ignoring the rest. Pay attention. Condition yourself to listen without dividing the time….When problems exist, and extension of this step requires the listener to ask for clarification and to restate what has been heard. Thus, the hearer confirms that he or she has correctly understood the speaker.” ~* Sharon Berry, David Bice, and Stephen Endemano (in *One plus one: a Christian perspective on marriage and family*)